

HEALTH NEWS

DON'T TAKE A CHANCE
GET YOUR FLU SHOT BEFORE THE SEASON STARTS



AN ALL-AGES FLU SHOT CLINIC WILL BE held at Creekside Community Center, 98th Street and Penn Avenue South, on Wednesday, October 27, from 9 a.m. to 12 p.m. Influenza vaccinations, adult pneumococcal and adult tetanus shots are available. Cost is \$15 per shot. For more information, call Public Health at 952-563-8900.

HEALTH: IT'S IN YOUR HANDS
COMMUNITY HEALTH FAIR FOR ALL AGES

Saturday, October 23, from 10 a.m. to 2 p.m.
Bloomington Covenant Church,
102nd and Xerxes Avenue South.

FEATURES:

- Many **interactive displays** and exhibits from health businesses and organizations including Bloomington's Police and Fire departments.
- A **fun walk/run** at 9:15 a.m. (weather permitting).
- Public Health **flu shot clinic** from 10:30 a.m. - 12:30 p.m. Cost is \$15 per shot.

- Information sessions:** Heart Healthy Living's Lorene Brown talks about women and heart disease; Monica Yugo presents on HIV and Hepatitis C and Financial Services Professional Tim Holgren discusses long-term care insurance.
- For more information, call 952-831-8339.



KNOW YOUR RISK FACTORS
OCTOBER IS BREAST CANCER AWARENESS MONTH

THINK YOU KNOW ALL THERE IS TO KNOW about breast cancer? Read on.

Only women get breast cancer.
False. Although rare, more than 1,300 men are diagnosed with breast cancer each year.

A tumor means cancer.
False. Tumors are the build-up of abnormal cells that form a mass of tissue. A tumor can be benign or malignant.

Small-breasted women cannot get breast cancer.
False. Size doesn't matter. Any woman with breasts can get breast cancer.

No one in my family has had it, so I'm not at risk.
False. Most women diagnosed with cancer have no risk factors other than being female and growing older.

Increasing age is the biggest single risk factor for breast cancer.

A mammogram is too expensive if you don't have insurance.
False. Through the Sage Screening Program, a woman who is uninsured or underinsured and falls within program eligibility guidelines can receive services.

For more information, call 952-922-2427. The Sage Screening Program is a collaborative effort between the Minnesota Department of Health, Bloomington Public Health and the private health care system.

Lead-up events to October's Breast Cancer Awareness Month included the **Relay for Life** in August and the **Breast Cancer 3-Day** walk event in September.

MIDDLE SCHOOL AND YOUR CHILD
SERIES PROVIDES INSIGHT

MIDDLE SCHOOL BRINGS SOCIAL, PHYSICAL and academic changes for students. Tri-City Partners for Healthy Youth and Communities and the Bloomington School District's Safe and Drug-free School Program is sponsoring a free, three-part series that will provide insight on a child's transition from elementary to middle school. Programs are held at Bloomington's middle schools from 7 - 8:30 p.m.

October 11	Valley View
Understanding Your Child in the Middle School World	
February 15	Olson
Misconceptions and Realities: Are Adolescent Sexual Norms Changing?	
Spring 2005	Oak Grove
Bullying and Harassment	

For more information, call Melissa Drews at 952-563-8901 or visit www.tricitypartners.org.

WE DO IT ALL FOR YOU
HUMAN SERVICES OFFERS VARIETY

For more information on activities and programs, call the Human Services Information Line at 952-563-4957 V/TTY.

SUPPORT GROUPS
WHEN YOU NEED A LITTLE ASSISTANCE

HUMAN SERVICES SUPPORTS AND assists a variety of support groups. The following groups meet at Creekside Community Center, 9801 Penn Avenue South.

Grandparent Connection is for grandparents and others who raise their relatives' kids. Childcare is provided with advance reservation. Lutheran Social Services is the co-sponsor of this group. For more information, call 612-879-5351.

Low Vision Support Group is for those with vision loss and their family members. The group is co-sponsored by Vision Loss Resources. For more information, call 612-871-2222.

Multiple Sclerosis Support Group helps people with multiple sclerosis as well as their family members and caregivers. The National Multiple Sclerosis Society, Minnesota Chapter co-sponsors this group. For information, call 952-563-4949.

For more information on other support groups, visit the City's Web site at www.ci.bloomington.mn.us, keywords: Support groups.

FARE FOR ALL
GOOD FOOD, GREAT SAVINGS

FARE FOR ALL IS A NON-PROFIT FOOD distribution program that offers a way to save money on nutritious food in exchange for community service. There are no income guidelines to participate. The pre-paid cost for each food package is \$15 and two hours of volunteer service that can include babysitting for a neighbor, picking up mail, mowing grass or shoveling snow. Food packages consist of meats, fruits, vegetables, staples and packaged goods with a retail value of \$29 - \$37. For registration and distribution dates, call Alissa Smith at 952-563-8736.



CALLING ALL CRAFTERS
SHOW US YOUR HANDIWORK

GET CREATIVE WITH CRAFT ACTIVITIES AT CREEKSIDE Community Center, 9801 Penn Avenue South.

Crafts		
Woodshop	Weekdays	8 a.m. - 1:30 p.m. (except Wednesdays)
Woodcarving	Wednesdays	9 - 11 a.m.
Needlework	Thursdays	9:30 - 11:30 a.m.
Lapidary	Wed. and Thurs.	10 a.m. - 2 p.m.
Ceramics	Tues. - Thurs.	9 a.m. - 3 p.m.
Crafts	Tues. and Fri.	10 a.m. - 2 p.m.

Boutique
Sell your handmade item or shop at the Creekside Boutique craft-consignment shop. Hours are weekdays, from 10 - 11:45 a.m. and 12:30 - 2:45 p.m., and Tuesdays, from 6 - 8 p.m.

JOB TRAINING
OPPORTUNITIES
DISABILITY EMPLOYMENT AWARENESS MONTH

HUMAN SERVICES CELEBRATES Disability Employment Awareness Month with activities and events in October. The goal of this month-long effort is to provide an opportunity for all people with disabilities to learn about job requirements, obtain information about job placement and training programs, hear about community advocacy programs and educate businesses about the benefits of hiring individuals with disabilities. For a listing of activities, visit the City's Web, www.ci.bloomington.mn.us, keyword: DEAM.

TAKE CARE
HEALTH AND WELLNESS PROGRAMS

EXCEPT WHERE NOTED, CALL THE Human Services Information Line to schedule an appointment.



Blood pressure screening is the first Wednesday of each month, from 9:30 - 11 a.m. No appointment necessary.

Hearing screening is conducted the second Wednesday in February, April, June, August, October and December, from 1 - 2:45 p.m.

Health insurance counseling for individuals is available the third Tuesday of each month, from 9 - 11 a.m.

Foot care is available on Wednesdays, from 9 a.m. - 3 p.m. To schedule an appointment, call Happy Feet at 763-560-5136.